

SAFEGUARDING AND PREVENT

HOW CAN I GET HELP?

If you are worried or have any concerns, please contact the ESL Safeguarding team on:

TELEPHONE: 01246 264928

EMAIL: safeguarding@gigroup.com

WHAT IS SAFEGUARDING?

Safeguarding is about ensuring the wellbeing of all Apprentices and ensuring that they have every opportunity to seek help, guidance and support.

Gi Group has a Safeguarding Team that are on hand to help you directly, guide you to further support or just to listen. Further information including additional resources can be found in this booklet.

WHAT IS PREVENT?

Terrorism is an action or threat designed to influence the government or intimidate the public. Its purpose is to advance a political, religious or ideological cause.

In the UK we define terrorism as a violent action that:

- endangers a person's life, other than that of the person committing the action
- involves serious violence against a person
- causes serious damage to property
- creates a serious risk to the public's health and safety
- interferes with or seriously disrupts an electronic system.

Extremism "...is the vocal or active opposition to our fundamental values, including democracy, the rule of law, individual liberty, and respect and tolerance for different faiths and beliefs. We also regard calls for the death of members of our armed forces as extremism." The Counter Extremism Strategy 2015.

SAFEGUARDING INFORMATION

BULLYING

There is no legal definition of bullying. However, it is usually defined as a repeated behaviour that is intended to hurt someone, either emotionally or physically and is often aimed at certain people because of their race, religion, gender, sexual orientation or any other aspect, such as their appearance or disability.



What we do

- We will increase awareness and encourage staff and Apprentices to report any concerns about bullying
- We will be approachable and provide support and reassurance for victims of bullying
- We will help to develop the self-confidence and self-esteem of all staff and learners
- We will promote an anti-bullying ethos amongst the staff and Apprentice community and reinforce the Gi Group Safeguarding Policy with new and existing staff
- We review our Apprentices' welfare regularly via reviews and/or welfare visits
- We provide advice and information on our website, including details of national organisations that can help

What you will do

- I will be aware of my own behaviour and how it might affect others
- If I feel safe enough to do so, I will stand up to people that are bullying others and report them
- I will be respectful of others
- I will support others that have been affected by bullying
- I know that I can report my concerns to the Safeguarding Team at Gi Group

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CYBERBULLYING

Cyber bullying is any form of bullying which takes place online or through smartphones and tablets.

What we do

- We will promote an anti-bullying ethos amongst the staff and Apprentice community and reinforce the Gi Group Safeguarding Policy with new and existing staff/Apprentices
- We have an E-Safety Policy, the purpose of which is to safeguard activity on electronic devices and the internet, in addition to raising awareness of how to stay safe online which Apprentices can access in their Welcome Pack



What you will do

- I will never slander staff, Apprentices or my employer on a social networking site
- I understand that if I am involved in any form of cyberbullying, that this will be dealt with in line with Gi Group's policy
- I agree that I shall not write or send malicious or offensive e-mails and accept that if I do, I will be reported to the Designated Safeguarding Officer and appropriate actions may be taken
- If I feel safe enough to do so, I will stand up to people that are bullying others and report them
- I will speak up if someone is bullying me online
- I will support others that have been affected by bullying

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DISCRIMINATORY ABUSE

It is the right of all people to be free from discrimination and to have a fair chance to succeed in society.

Discriminatory abuse can occur when someone targets another and proceeds to treat that person(s) unfairly due to something being different about that individual(s).

This is set out in law in the Equality Act 2010. Therefore, it is illegal and unfair for a person to experience disadvantage on the basis of a protected characteristic, which includes:

age, disability, gender, gender reassignment, marriage (including same sex) and civil partnership; pregnancy and maternity; race, religion, belief or non-belief and sexual orientation.



What we do

- Gi Group is committed to implementing policies that eliminate discrimination and promote diversity, for our workplace and also for our Apprentices
- Our aim is to teach Apprentices from all sections of society and to be fully representative of communities as a whole
- We will help to develop the self-confidence and self-esteem of all staff and Apprentices, so that they can be their true self whilst at work
- We review our Apprentice's welfare regularly via reviews and/or welfare visits

What you will do

- I will be aware of my own behaviour and how that might affect others
- If I feel safe enough to do so, I will stand up to people that are bullying others and report them
- I will be respectful of others
- I will support others that have been affected by bullying
- I know that I can report my concerns to the Safeguarding Team at Gi Group

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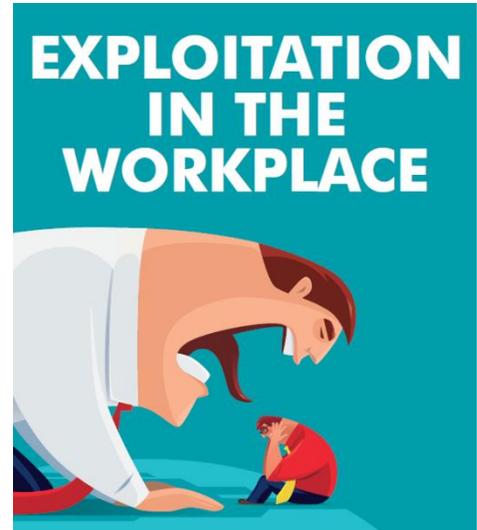
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EXPLOITATION/CHILD SEXUAL EXPLOITATION (CSE)

Exploitation is when someone uses power and intimidation over an individual or group in order to gain something unfairly, such as money, labour or sexual gratification. Everyone is vulnerable to being exploited in some way, especially by those in a position of importance or trust.

Child sexual exploitation is a form of sexual abuse where children are sexually exploited for money, power or status. It can involve violent, humiliating and degrading sexual assaults. In some cases, young people are persuaded or forced into exchanging sexual activity for money, drugs, gifts, affection or status. In other cases, people may be asked send images of a sexual nature, or to perform inappropriate acts via webcam – these images can then be used to exploit that person.



What we do

- We take all instances of exploitation extremely seriously and involve the police and other agencies where necessary
- We have a Safeguarding Team who you can contact if you are a victim of exploitation
- We take action if you have been a victim of exploitation or fear someone may be exploiting you
- We review our Apprentice's welfare regularly via reviews and/or welfare visits
- We provide advice and information on our website, including details of national organisations that can help, with special reference to Child Sexual Exploitation

What you will do

- I will talk to someone if I feel that I am a victim of exploitation
- I will talk to someone if I think someone else is a victim of exploitation
- I know that I can report my concerns to the Safeguarding Team at Gi Group
- I will avoid putting myself in risky or dangerous situations, particularly with people I do not know
- I will use the internet/social media safely and not post anything that could be used to exploit me
- I am aware that some people on the internet/social media are not who they say they are

If you are worried or have any concerns, please contact the ESL Safeguarding team on:

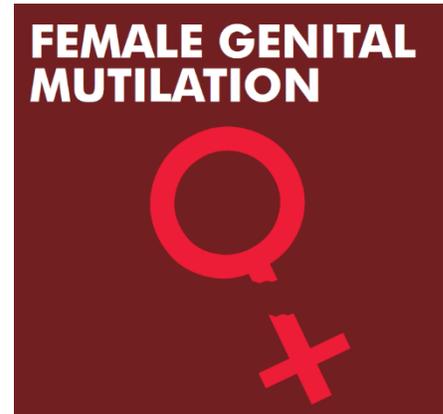
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FEMALE GENITAL MUTILATION (FGM)

Female Genital Mutilation (FGM) is a procedure where the female genitals are intentionally cut, injured or changed, but where there is no medical purpose for this to be done. FGM is typically carried out on young girls between infancy and the age of 15, most commonly before puberty starts. It is very painful and can seriously harm the health of women and girls. It can also cause long-term problems with sex, childbirth and mental health.

Religious, social or cultural reasons are sometimes given for FGM. However, FGM is child abuse, it is dangerous and a criminal offence. It is also a criminal offense to carry out vaginal tattoos and piercings on children under the age of 18.



What we do

- Gi Group is committed to taking action if we suspect that a learner is at risk of FGM. Where it is thought that an Apprentice is at immediate risk, the police will be contacted or the Foreign and Commonwealth Office, if the Apprentice has already been taken abroad
- We have a Safeguarding Team who you can contact if you are worried about FGM
- We review our Apprentice's welfare regularly via reviews and/or welfare visits
- We will continue to make our staff aware of FGM through our Safeguarding Training
- We provide advice and information on our website including details of national organisations that can help

What you will do

- I will talk to someone if I think that I am/will be a victim of FGM
- I will talk to someone if I think someone else is a victim of FGM
- I know that I can report my concerns to the Safeguarding Team at Gi Group

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FORCED MARRIAGE

You have the right to choose who you marry, when you marry or if you marry at all. Forced marriage is when you face physical pressure to marry. For example, this could include threats, physical violence or sexual violence, or emotional and psychological pressure such as if you're made to feel like you are bringing dishonour on your family).



What we do

- We take all concerns relating to forced marriage extremely seriously and involve the police and other agencies where necessary. The Government runs a special unit called the Forced Marriage Unit (FMU), made up of caseworkers with experience in forced marriage who can offer you advice and support and discuss your options
- We have a Safeguarding Team who you can contact if you are being made to marry someone that you have not chosen to marry
- We will be sensitive to these concerns as we understand that the situations around forced marriage can be difficult and complex
- We take action if you are being coerced in to marriage that is not of your choosing
- We review our Apprentice's welfare regularly via telephone reviews and/or welfare visits
- We provide advice and information on our website including details of national organisations that can help

What you will do

- I will talk to someone if I feel that I am being forced in to a marriage
- I will talk to someone if I think someone else is being forced to marry someone
- I know that I can report my concerns to the Safeguarding Team at Gi Group

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GANG AND YOUTH VIOLENCE

A gang can just be a group of mates who hang around together; however, some gangs are involved in crime. Sometimes gangs are violent and might fight other gangs or carry weapons. If you're being forced to join a gang you should tell someone about it.



What we do

- We have a Safeguarding Team who you can contact if you're being forced to join a gang
- You can also contact the Safeguarding Team if you are thinking of joining a gang but want to talk to someone about it
- We take action if you have been a victim of violence or fear someone may be violent towards you
- We take all instances of crime and violence extremely seriously and involve the police and other agencies where necessary
- We review our Apprentice's welfare regularly via reviews and/or welfare visits
- We provide advice and information on our website including details of national organisations that can help

What you will do

- I will talk to someone if I feel that I am being forced to join a gang or have intentions of joining a gang
- I will recognise if and when I need some help
- I know that I can report my concerns to the Safeguarding Team at Gi Group

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HATE CRIME

Hate crimes are any crimes that are targeted at a person because of hostility or prejudice towards a person's disability, race or ethnicity, religion or belief, sexual orientation or transgender identity. This can be committed against a person or property and can have a devastating impact on the individual or group that is being targeted. A victim does not have to be a member of the group at which the hostility is targeted. In fact, anyone could be a victim of a hate crime.

What we do

- We will increase awareness and encourage staff and learners to report hate incidents
- We will be approachable and provide support and reassurance for victims of hate crime
- We will help to develop the self-confidence and self-esteem of all staff and Apprentices
- We will promote an anti-bullying ethos amongst the staff and Apprentice community and reinforce the Gi Group Safeguarding Policy with new and existing staff members
- We review our Apprentice's welfare regularly via reviews and/or welfare visits
- We provide advice and information on our website including details of national organisations that can help

What you will do

- I will be aware of my own behaviour and how that might affect others
- If I feel safe enough to do so, I will stand up to people that are directing hate at others and report them
- I will be respectful of others
- I will support others that have been affected by hate crime
- I know that I can report my concerns to the Safeguarding Team at Gi Group

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HOMELESSNESS

The definition of homelessness means not having a home. It includes rough sleeping but can also include those in accommodation which is unsuitable for their needs. You count as homeless if you are:

- Staying with friends or family
- Staying in a hostel, night shelter or B&B
- Squatting (because you have no legal right to stay)
- At risk of violence or abuse in your home
- Living in poor conditions that affect your health
- Living apart from your family because you don't have a place to live together



What we do

- We encourage a good relationship with employers,
- Trainers and other Gi Group staff therefore concerns around homelessness can be identified and shared with us
- We have a good relationship with the mentors to our Apprentices and encourage them to speak to us regularly and voice their concerns
- We encourage a good relationship with the parents and carers of our Apprentices and encourage them to voice any concerns relating to homelessness
- We review our Apprentice's welfare regularly via telephone reviews and/or welfare visits
- We involve other agencies if we have concerns

What you will do

- I will recognise if I am at risk of becoming homeless and I will speak to someone and ask for help
- I will talk to someone if my housing situation is causing my physical or mental health to deteriorate
- I know that I can report my concerns to the Safeguarding Team at Gi Group

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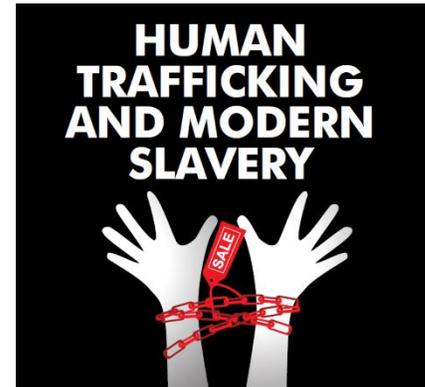
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HUMAN TRAFFICKING AND MODERN SLAVERY

Human trafficking and modern slavery is abuse. It is illegal, but it continues to flourish in every large town and city in the UK (NCA, 2017). There is no 'typical' victim of modern slavery. Victims can be men, women, and children of all ages, ethnicities, nationalities and backgrounds.

Human trafficking is the illegal movement of people through force, fraud or deception, with the intention of exploiting them through forced labour, sexual exploitation or criminal activity.

Someone is in slavery if they are forced to work, if they are owned or controlled by an employer, if they are dehumanised and treated as a commodity, or bought and sold as 'property', or if they are physically constrained or have restrictions placed on their freedom of movement.



What we do

- We take all instances of exploitation through trafficking or slavery extremely seriously and involve the police and other agencies where necessary
- We have a Safeguarding Team who you can contact if you're a victim of exploitation
- We take action if you have been a victim of trafficking and slavery or fear someone may be exploiting you
- We review our Apprentice's welfare regularly via reviews and/or welfare visits
- We provide advice and information on our website including details of national organisations that can help

What you will do

- I will talk to someone if I feel that I am a victim of exploitation
- I will talk to someone if I think someone else is a victim of exploitation
- I know that I can report my concerns to the Safeguarding Team at Gi Group
- I will avoid putting myself in risky or dangerous situations, particularly with people I do not know
- I will use the internet/social media safely and not post anything that could be used to exploit me
- I am aware that some people on the internet/social media are not who they say they are

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ILLEGAL DRUGS

Illegal drugs are substances that are banned by the government and it is illegal to sell them or possess them. Illegal drugs can affect physical and mental health and can become both physically and psychologically addictive.



What we do

- If Apprentices are in possession or under the influence of illegal drugs or medication not prescribed to them, then this could be grounds for instant dismissal from their employment and/or training with Gi Group
- The end Employer may have an in-house Drugs Policy which you should familiarise yourself with as part of your development
- We will be approachable to Apprentices who are experiencing issues with drugs and/or alcohol and offer support
- We would be able to refer you to external agencies who offer support around substance abuse and addiction
- Gi Group has a Drugs Policy that you must familiarise yourself with

What you will do

- I will not bring any illegal drugs, or non-prescribed medication, on to any site/placement/branch/training venue
- I will not be under the influence of illegal drugs or alcohol when at any site/placement/branch/training venue
- I will report any concerns I have of someone in the possession of illegal drugs
- I will talk to someone if I feel that I am struggling with my drug or alcohol use
- I know that I can talk to the Safeguarding Team at Gi Group

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MENTAL HEALTH

Mental health can affect anyone at any time, at any point in their life, whether you are a child, adult or older person. Some examples of mental health conditions are depression and anxiety, however there are many more. Loss or separation, life changes or traumatic events can all affect our mental wellbeing.

Feeling like you have a mental health condition or being diagnosed with one is nothing to be ashamed of, and people should ask for help as soon as they are feeling that they are unable to cope with day to day life because of their mental health.



What we do

- We are approachable and will provide support and reassurance for people who may be struggling with their mental health
- We have a Safeguarding Team who you can contact if you have any concerns
- We will help to develop the self-confidence and self-esteem of all staff and Apprentices
- We review our Apprentice's welfare regularly via reviews and/or welfare visits
- We provide advice and information on our website including details of national organisations that can help

What you will do

- I will talk to someone if I feel that I am struggling with my mental health in any way
- I will recognise if and when I need some help
- I know that I can report my concerns to the Safeguarding Team at Gi Group

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PREVENT

Prevent is about safeguarding people and communities from the threat of terrorism. Prevent is one of the four elements of CONTEST, the government's counter-terrorism strategy. It aims to stop people being radicalised and becoming terrorists or supporting terrorism.

What we do

- We train all our staff on the Prevent Duty so that they are aware of the signs of radicalisation and extremism and what to do if they have concerns about anyone
- We promote the British Values of democracy, the rule of law, mutual tolerance and respect and individual liberty
- We take all instances of radicalisation extremely seriously and involve the police and other agencies where necessary
- We have a Safeguarding Team who you can contact if you feel that someone is trying to coerce you with their radical ideals
- We take action if you have been a victim of radicalisation or fear someone may be radicalising someone else
- We review our Apprentice's welfare regularly via reviews and/or welfare visits
- We provide advice and information on our website including details of national organisations that can help

What you will do

- I will talk to someone if I have concerns that I am being radicalised
- I will talk to someone if I think someone else is being radicalised
- I know that I can report my concerns to the Safeguarding Team at Gi Group
- I will ensure that I have a good understanding of British Values and the threats that radicalisation and extremism can pose, asking Gi Group for further information if needed
- I will avoid putting myself in risky or dangerous situations, particularly with people I do not know
- I am aware that some people on the internet/social media are not who they say they are
- I will use the internet/social media safely and report any inappropriate content that links to radical ideals, extremism or terrorism at: <http://www.gov.uk/report-terrorism>

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RELATIONSHIP ABUSE

Relationship abuse is an incident or a pattern of incidents where controlling, coercive, violent or threatening behaviours are used towards an intimate partner or family member. Relationship abuse does not always include violence; it can also be emotional, psychological, financial or sexual and can include threats, isolation, humiliation and intimidation.



What we do

- We implement our Safeguarding Policy with our Additional Needs Policy and report concerns to the relevant agencies where we feel staff or Apprentices are at risk of abuse
- We take action when someone is being abused
- We are approachable and provide support and reassurance for victims of relationship abuse
- We will help to develop the self-confidence and self-esteem of all staff and learners
- We review our Apprentice's welfare regularly via reviews and/or welfare visits
- We provide advice and information on our website including details of national organisations that can help

What you will do

- I will be aware of my own behaviour and how that might affect others
- I will talk to somebody if I feel that someone else is a victim of relationship abuse
- I will support others that have been affected by relationship abuse
- I will talk to someone if I feel I am a victim of relationship abuse

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VIOLENCE

Violence means being physically aggressive with the intent to harm someone. This could be from someone you have a personal relationship with such as a partner or a family member.



What we do

- We take all instances of violence extremely seriously and involve the police and other agencies where necessary
- We have a Safeguarding and Welfare Team who you can contact if you're a victim of violence
- We will take action if you have been a victim of violence or fear someone may be violent towards you
- We review our Apprentice's welfare regularly via reviews and/or welfare visits
- We provide advice and information on our website including details of national organisations that can help

What you will do

- I will talk to someone if I feel that I am a victim of violence
- I will talk to someone if I think someone else has been a victim of violence
- I know that I can report my concerns to the Safeguarding Team at Gi Group
- I will read and understand the information in my enrolment pack about conduct which states that I shall observe and maintain honest and peaceable behaviour at all times

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YOUNG CARERS

A young carer is someone aged 18 or under who helps look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

If you are a young carer, you probably look after one of your parents or care for a brother or sister. You may do extra jobs in and around the home, such as cooking, cleaning or helping someone to get dressed and move around.

You may also give a lot of physical help to a brother or sister who is disabled or ill. Along with doing things to help your brother or sister, you may be giving them and your parents emotional support too.

It may be useful to know that as a young carer, you have the right to a Young Carer's Assessment by the local authority. This assessment will take a whole family approach and should look at the needs of the person that you care for. This is to assess whether they are eligible for any extra support, in order to help you in your caring role. Your wishes and preferences will be taken in to account during the assessment.

The support a young carer could receive includes:

- Help towards school or college activities
- Support to take part in leisure activities, or to spend time with friends
- Support to develop hobbies or interests
- Equipment to help with your education such as books or a computer
- Help finding a job

Being a young carer can be tough and finding the right balance between caring and having a fulfilled life yourself can be difficult. When you're caring responsibilities affect your access to friendships, education or training, then it can have a huge impact on your life.

Therefore, it is very important that young carers have an assessment and can access support from their local authority and national and regional support organisations.

More information can be found on the NHS website:

www.nhs.uk/young-carers-rights



For more information about the rights of young carers and where to get support if you are a young carer, visit:

www.carers.org/about-young-carers

www.carers.org/getting-support

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USEFUL RESOURCES

ACT ACTION COUNTERS TERRORISM ACT CAMPAIGN

ACT is designed to teach 11-16 year olds how to act in the unlikely event they are caught in a gun or knife attack. It can also be used to report suspicious activity.

WEBSITE: <http://www.act-campaign.gov.uk>

TELEPHONE: 0800 789 32

addaction

ADDACTION

Addaction support adults, children, young adults and older people to make positive behavioural changes. Whether that's with alcohol, drugs, or mental health and wellbeing, we're here to help people improve their lives. Offers a directory to local services.

WEBSITE: <http://www.addaction.org.uk>

TELEPHONE: 020 7251 5860

BullyingUK Formerly BullyingOnline Charity No. 1120107

BULLYING UK

A comprehensive resource covering all aspects of bullying - at work, school, online, in the family, homophobic bullying and sexual bullying.

WEBSITE: www.bullying.co.uk

TELEPHONE: 0808 800 2222



CHILDLINE

ChildLine is a counselling service for children and young adults provided by the NSPCC. It is completely confidential and can be used to deal with any issue causing stress or concern.

WEBSITE: www.childline.org.uk/sexual-abuse

TELEPHONE: 0800 1111



FRANK

Frank is a comprehensive and well-respected drug advice and information resource for people of all ages.

WEBSITE: <http://www.talktofrank.com>

TELEPHONE: 0300 123 6600



HALO

Halo provides support for victims and advice for agencies. They work with our partner organisations, public bodies and other services to enable the best possible protection and safety from harm for victims or any age or gender. Our first priority to keep you safe from perpetrators of honour based violence, forced marriage and female genital mutilation. They also have experience in helping people who are victims of trafficking, sham marriages and domestic violence.

WEBSITE: www.haloproject.org.uk

TELEPHONE: 080 81788 424 (Freephone)



LET'S TALK ABOUT IT

Let's Talk About It is an initiative designed to provide practical help and guidance to the public in order to stop people becoming terrorists or supporting terrorism.

WEBSITE: <http://www.ltai.info>

ANTI-TERRORIST HOTLINE: 0800 789 321



MEN'S ADVICE LINE

Anyone can suffer domestic violence, and the Men's Advice Line supports male domestic abuse.

WEBSITE: <http://www.mensadvice.org.uk>

TELEPHONE: 0808 801 0327



MIND

Our team provides information on a range of topics including: types of mental health problem, where to get help, medication and alternative treatments and advocacy. We will look for details of help and support in your own area.

WEBSITE: <http://www.mind.org>

TELEPHONE: 0300 123 3303



THE MIX

A huge resource for the under 25s, covering everything from bereavement, exam stress, emotional abuse, mental health to homelessness. A confidential service with a 24 hour helpline.

WEBSITE: www.themix.org.uk

TELEPHONE: 0808 808 4994

**modern
slavery
helpline****MODERN SLAVERY HELPLINE**

The Modern Slavery Helpline provides potential victims of modern slavery the chance to speak to fully trained call handlers who can help them access relevant services, including Government-funded support through the National Referral Mechanism

WEBSITE: www.modernslaveryhelpline.org

TELEPHONE: 0808 121 700

NSPCC**NSPCC**

The National Society for the Prevention of Cruelty to Children (NSPCC) is the leading charity fighting to end child abuse in the UK. It also operates both a helpline for anyone concerned about a child, and ChildLine offering support to children themselves (see above).

WEBSITE: www.nspcc.org.uk

TELEPHONE: 0808 800 5000

**RAPE CRISIS**

Rape Crisis is the national umbrella organisation for Rape Crisis Centres across England and Wales. It raises awareness of sexual violence and campaigns against this, and also runs a Freephone helpline.

WEBSITE: <http://www.rapecrisis.org.uk>

TELEPHONE: 0808 802 9999

**RELATE**

Relate provides relationship support throughout the UK. Its services include counselling for couples, families, young adults and individuals.

WEBSITE: <http://www.relate.org.uk/what-emotional-abuse>

TELEPHONE: 0300 100 1234



REFUGE

Refuge helps women and children who are victims of domestic violence. Refuge operates the 24-hour National Domestic Violence Helpline.

WEBSITE: <http://www.refuge.org.uk>

TELEPHONE: 0808 2000 247

The National Domestic Violence

HOTLINE

women's aid
until women & children are safe
www.womensaid.org.uk

REFUGE AND WOMEN'S AID

The National Domestic Violence Helpline is a 24-hour confidential domestic abuse service run by Refuge and Women's Aid.

WEBSITE: <http://www.nationaldomesticviolencehelpline.org.uk>

WEBSITE: <http://www.womensaid.org.uk>

WEBSITE: www.refuge.org.uk

TELEPHONE: 0808 2000 247

REPORTING ONLINE GROOMING/SEXUAL ABUSE

To report online grooming or sexual abuse, contact the police.

WEBSITE: <http://www.ceop.police.uk/safety-centre>

TELEPHONE: 999



RUNAWAY

Runaway Helpline is here if you are thinking about running away, if you have already run away, or if you have been away and come back. You can also contact us if you are worried that someone else is going to run away or if they are being treated badly or abused.

WEBSITE: <http://www.runawayhelpline.org.uk>

TELEPHONE: 116000



SAFE AND SOUND

Safe and Sound is a charity that works to keep children and young people safe from sexual exploitation. They provide specialist one to one support for young victims and those at risk of child sexual exploitation.

WEBSITE: www.safeandsoundgroup.org.uk

TELEPHONE: 01332 362120



THE SALVATION ARMY

The Salvation Army is one of the largest social care providers in the world. There are social programmes running in almost every country we operate in

WEBSITE: <http://www.salvationarmy.org.uk/modern-slavery>

TELEPHONE: 020 7367 4965



SAMARITANS

We offer a safe place for you to talk any time you like, in your own way - about whatever's getting to you. Please don't suffer alone.

WEBSITE: <http://www.samaritans.org>

TELEPHONE: 116 123



SELF INJURY SUPPORT

Self Injury Support is a national organisation that supports girls and women affected by self-injury or self-harm.

WEBSITE: www.selfinjury.support.org.uk

TELEPHONE: 0808 800 8088



STOP HATE UK

Stop Hate UK is a comprehensive resource covering all aspects of bullying – at work, school, online, in the family, homophobic bullying and sexual bullying.

WEBSITE: <http://www.stophateuk.org>

TELEPHONE: 0800 138 1625



STOP IT NOW!

Stop it Now! is at the forefront of activity to prevent child sexual abuse. Their website promotes campaigns to raise awareness of the issue and offers confidential advice and support to individuals of all ages.

WEBSITE: <http://www.stopitnow.org.uk>

TELEPHONE: 0808 1000 900